WINTER 2021

PROGRAM GUIDE
JANUARY - FEBRUARY

Abbotsford Community Programs & Services
Your Senior Active Living Centre

950 Bank Street  613-230-5730
www.glebecentre.ca (see Abbotsford Programs/Services)
e-mail us at: Abbotsford@glebecentre.ca

“Building Community Since 1975”

Abbotsford’s physical doors are closed due to Covid-19, until further notice
Abbotsford closure over the Holidays is: Dec 24, 2020 - Jan 1, 2021 Classes begin Jan 4th!
Moving & Grooving to the Beat
Instructor: Audrey Girvan
Tuesdays 11:00 - 12:00 noon
Jan 5 - Feb 23 (8 weeks)
Cost: $40
Dance with some of your favourite music, shake up your fitness routine with a fun cardio dance class.
You need a safe space and enough mobility to feel free to move and groove! (not seated)

Meditative Movement
Instructor: Lorraine Aston
Fridays 11:00 - 12:00 noon
Jan 8 - Feb 26 (8 weeks)
Cost: $40
Unwind from the week with this gentle dance and movement class that's calming and connecting for mind and body. (can be seated)

Free Guided Meditation with Rhona on Wednesdays: January 6 - February 24
All you have to do is call 1-866-279-1594 at 3 pm on Wednesday. (This is a free program)
It will ask you for a passcode, you press/dial in 190223 #, it will ask your name (verbal cue) then press (pound)# and you are in the session.
Sit somewhere comfortable or lie down and let Rhona's soothing meditation calm and relax you in the comfort of your own home.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Hatha Yoga Intermediate</th>
<th>1:00 - 2:30 pm</th>
<th>Jan 11 - Feb 22 (6 weeks)</th>
<th>Rhona</th>
<th>$40</th>
</tr>
</thead>
</table>

Current full-time and part-time staff:

Karen Anne Blakely, Director of Community Programs
Pat Goyeche, Coordinator of Community Programs
Jane Stalabrass, Program Facilitator
Transportation & Tuesday Luncheon Club
Kirsten O'Brien, Program Facilitator
In Home Services, SnowGo & Friday Luncheon Club
Shirley Lee, Program Facilitator, Day Away Program
Jen Dare, Program Facilitator, Day Away Program

Please consider a gift in your will to benefit Abbotsford at the Glebe Centre
Bruce R. Hill, Director of Charitable Giving: (O) 613-238-2727 ext. 316 (C) 343-998-6826
Rates for this Winter Program Guide are for those with their 2021 membership

*(have your pink 2021 membership card # available for registration)*

Registration for members will start on

**Tuesday, December 8 at 9:00 am by telephone**

Call Abbotsford Reception to register and pay 613-230-5730

*Visa and MasterCard are accepted and will secure your registration.*

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**How to Register for Classes**

- **By Phone - 613-230-5730**
- **By Mail - The Glebe Centre Abbotsford House 950 Bank St Ottawa, ON K1S 5G6**

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**Payment Methods:**

- *Visa & MasterCard are available by telephone*

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**Abbotsford is a Heart Wise Facility.** When you see this symbol you know that your fitness teacher has been trained in Heart Wise.

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**An Abbotsford membership has its privileges!**

**Membership year runs from January 1st to December 31st, 2021**

Only $45 a year (HST included) and lots of benefits:

- $25 starting in July for **new** members.
- Pay reduced rates for classes
- Have the Program Guide and notices mailed or e-mailed to you
- Participate in clubs and activities for members only
- Join Abbotsford Council - have a say in how your Centre is run

**Call Us:** To fill out a form and pay over the telephone call 613-230-5730

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**THE FINE PRINT:** You may register for courses by telephone. Payment must be made at the time of registration to secure your place in the class. You may be asked to share your current (pink) membership card #. A minimum number of participants is required to run any course. Each course also has a maximum number of possible participants, so it pays to register early if you are interested!

Courses that have not met the minimum enrolment requirement one week prior to their scheduled start date will be cancelled. Full refunds will be granted if a course is cancelled. **Refunds for any other reason will be made only if the Centre is notified at least one week prior to the course start date. A $5.00 administrative fee will be charged on these refunds.**

**Non-Members can join classes for an extra $25 per course/session**
<table>
<thead>
<tr>
<th>Day</th>
<th>Course</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Aerobic Fitness Level 2</td>
<td>10:00 -11:00 am</td>
<td>Jan 4 - Feb 22 (6 weeks)</td>
<td>Isabel</td>
<td>$30</td>
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<td></td>
<td></td>
<td></td>
<td>No class Jan 25 &amp; Feb 15</td>
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<tr>
<td>Monday</td>
<td>Zumba Gold Level 2</td>
<td>11:00 - 12:00 noon</td>
<td>Jan 4 - Feb 22 (6 weeks)</td>
<td>Isabel</td>
<td>$30</td>
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<td></td>
<td></td>
<td></td>
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<td>Rhona</td>
<td>$40</td>
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<td></td>
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<td></td>
<td>No class Feb 15</td>
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<tr>
<td>Tuesday</td>
<td>Muscle Pump Stretch 2</td>
<td>9:00 - 10:00 am</td>
<td>Jan 5 - Feb 23 (8 weeks)</td>
<td>Coleen</td>
<td>$40</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Combo-Cardio/Strenght 2</td>
<td>10:00 - 11:00 am</td>
<td>Jan 5 - Feb 23 (8 weeks)</td>
<td>Janice</td>
<td>$40</td>
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<tr>
<td>Tuesday</td>
<td>Moving &amp; Grooving Dance Class</td>
<td>11:00 - 12:00 noon</td>
<td>Jan 5 - Feb 23 (8 weeks)</td>
<td>Audrey</td>
<td>$40</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Functional Fitness Level 1</td>
<td>1:00 pm - 2:00 pm</td>
<td>Jan 5 - Feb 23 (8 weeks)</td>
<td>Audrey</td>
<td>$40</td>
</tr>
<tr>
<td>Wednesday</td>
<td>‘Gotta Dance’ Broadway</td>
<td>11:00 - 12:00 noon</td>
<td>Jan 6 - Feb 24 (8 weeks)</td>
<td>Lorraine</td>
<td>$40</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Strength Training Level 2</td>
<td>12:00 - 1:00 pm</td>
<td>Jan 6 - Feb 24 (8 weeks)</td>
<td>Lisa</td>
<td>$40</td>
</tr>
<tr>
<td>Thursday</td>
<td>Stretch/Flex/Relax Level 2</td>
<td>9:30 - 10:30 am</td>
<td>Jan 7 - Feb 25 (8 weeks)</td>
<td>Audrey</td>
<td>$40</td>
</tr>
<tr>
<td>Thursday</td>
<td>Fit Hit (Cardio) 2</td>
<td>10:30 - 11:30 am</td>
<td>Jan 7 - Feb 25 (8 weeks)</td>
<td>Zarina</td>
<td>$40</td>
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<tr>
<td>Thursday</td>
<td>Balance/Stretch Level 2</td>
<td>1:00 - 2:00 pm</td>
<td>Jan 7 - Feb 25 (8 weeks)</td>
<td>Zarina</td>
<td>$40</td>
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<tr>
<td>Friday</td>
<td>Meditative Movement</td>
<td>11:00 - 12 noon</td>
<td>Jan 8 - Feb 26 (8 weeks)</td>
<td>Loraine</td>
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</tr>
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<td>Jan 8 - Feb 26 (8 weeks)</td>
<td>Lisa</td>
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</tr>
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<td>Friday</td>
<td>Balance/Stretch Level 1</td>
<td>1:00 - 2:00 pm</td>
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<td>Zarina</td>
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</table>
Our Fitness and Yoga Classes are all Virtual on ZOOM
(individual descriptions of the classes can be found on our website www.glebecentre.ca)

Please note that for your own safety you should:
- send in your updated 2020/21 ParQ form (Physical Activity Readiness Questionnaire) when requested
- have a portable telephone or cell phone with you when exercising
- let someone else know that you are exercising
- make sure your space is clear (no throw rugs) and provide room to stretch
- wear comfortable clothing, keep cool and have water accessible
- go at your own speed, pick the right level of classes for you
- ask for alternative exercises if appropriate

Equipment you may need or an alternative idea:
- hand held weights or soup cans, bottles full of liquid or sand
- stretch bands (blue, red, green or yellow) or a belt from a robe or pantyhose
- a small 6" inflated ball or small pillow as an alternative.
- one or two ‘squishy’ hand held balls to exercise hands
- a yoga mat or towel & pillows

How to Connect on ZOOM
- you need a device to connect, and we need to see you exercise. Laptops and tablets are great, cell phones can be used.
- If you need help setting up, call us.
- 613-230-5730

Get Smart - your iPhone is more than just a phone!

Instructor: Anne Hamilton
(6 student maximum)
Fridays 11:00 am - 12:00 noon
Jan 8 - Feb 26 (8 weeks)
Cost: $40
Learn to get the most out of your iPhone...get smart!*
*must have own device and also connect on another device with ZOOM

One on One Device Training:

Are you looking for one-on-one tutoring? Trying to learn how to use your iPad or need help making the most of Zoom? Anne will tutor you VIRTUALLY for one hour at a time when it is convenient for you both.
Cost is $10 per session and is paid for through Abbotsford: 613-230-5730
Conversational French*
Facilitator: Brenda Perras (6 student max) Cost $30
Monday 10:30 - 11:30 pm
Jan 11 - Feb 22 (6 weeks) no class Feb 15
Do you want to sharpen your French conversational skills? Used to work in French, would like travel to a French speaking country?
This is a warm, friendly space to get you speaking French again with confidence. You can help pick topics of interest.
*This is not a beginner class; you must have some conversational skills to build on.
You will be using your own iPad/laptop or phone to connect on ZOOM!

**Conversational Spanish with Isabel:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Level</th>
<th>Time</th>
<th>Week</th>
<th>Facilitator</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Intermediate Conversational</td>
<td>9:00 - 10:00 am</td>
<td>Jan 4 - Feb 22 (6 weeks)*</td>
<td>Isabel</td>
<td>$30</td>
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<tr>
<td></td>
<td>Spanish</td>
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<td>*No class Jan 25, Feb 15</td>
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<tr>
<td>Thursday</td>
<td>Beginner Plus Conversational</td>
<td>9:00 - 10:00 am</td>
<td>Jan 7 - Feb 25 (7 weeks)</td>
<td>Isabel</td>
<td>$35</td>
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<tr>
<td></td>
<td>Spanish</td>
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<td>*No class Jan 28</td>
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<tr>
<td>Friday</td>
<td>Beginner Conversational</td>
<td>9:00 - 10:00 am</td>
<td>Jan 8 - Feb 26 (7 weeks)</td>
<td>Isabel</td>
<td>$35</td>
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<td></td>
<td>Spanish</td>
<td></td>
<td>*No class Jan 29</td>
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<tr>
<td>Friday</td>
<td>Advanced Conversational</td>
<td>10:00 - 11:00 am</td>
<td>Jan 8 - Feb 26 (7 weeks)</td>
<td>Isabel</td>
<td>$35</td>
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<tr>
<td></td>
<td>Spanish</td>
<td></td>
<td>*No class Jan 29</td>
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</table>

Many of you will be returning students of Isabel’s. Some of you will stay in the same group and some will be moving days/times to get the right fit. We have a Beginners class a Beginners Plus, Intermediate and finally an Advanced Class!!

*Please clarify with Isabel directly or through Reception if you have any doubt as to which class you should register in.*

*All classes have an 8 student maximum*

**Abbotsford Book Club on ZOOM**
Facilitator: Barbara Stiles
Welcome to our virtual ZOOM Book CLUB

Wednesday, December 9 at 1 pm: All The Light We Cannot See by A. Doerr

January 13 at 1 pm: The Company by S. Brown

February 10 at 1 pm: The Lying Life Of Adults by E. Ferrante

March 10 at 1 pm: Hillbilly Elegy by J.D. Vance

Everyone is welcome to attend and ‘pitch’ a book of their choice for future dates:

*No Cost but MUST be a member to register and attend book club ZOOM meetings.*
Zoom Watercolour with Ariel
Facilitator: Ariel Lyons
Mondays 1:00 - 2:30 pm
Jan 11 - Feb 22 (6 weeks)*
*no class Feb 15
Cost: $35
(8 student maximum)
Learn a variety of water media techniques exploring different subject matter including still life, landscape, floral and design.

Watercolour paper varies with quality. If you are beginning, a watercolour pad is good enough, as is a pan set of watercolours.

Colour with Joan
Facilitator: Joan Massey
Tuesdays 1:00 - 2:30 pm
Jan 12 - Feb 16 (6 weeks)
Cost: $30
(6 student maximum)
Getting to know your paint box or coloured pencils!
The focus of this class is on colour mixing and features some fun and interesting exercises for exploring the use of colour in your artwork. Some, but not a lot, of drawing in this class. Materials: your paints, watercolour, acrylic, or coloured pencils, brushes, mixing dishes or palette, paper or canvas, water container, small rag, graphite pencil, ruler.

Zoom Collage and Mixed Media
Instructor: Ariel Lyons
Wednesdays 9:30 - 11:00 am
Jan 6 - Feb 24 (8 weeks)
Cost: $40

You'll be using material you have on hand, art projects gone wrong, heavy paper, acrylic gloss or mod podge.
Try your favourite colours using pencil, pastel, acrylic or watercolour...the sky is the limit!

Zoom Sketching with Ariel
Facilitator: Ariel Lyons
Thursdays 10:00 - 11:30 am
Jan 7 - Feb 25 (8 weeks)
Cost: $40 (8 student maximum)
Basic drawing... Learn to draw what you see and experiment with a few techniques.

You will need a 2B and 6D pencil, eraser, sketch book or paper and a black fine point pen or marker. If you have India ink and a pen, that could replace the black pen.

Memoir II - Advanced (Zoom Version)
Instructor: Anne Le Dressay (6 student maximum)
If you have taken the Basic Memoir course and have been missing the class feedback and the incentive to write, try the Zoom version. We will follow the basic format of past memoir classes: instruction, exposure to a published memoir, the reading of your work to the group for feedback and in-class writing.

Tuesdays 10:00 - 11:00 am
January 12 - February 16 (6 weeks)
Cost: $30
**Abbotsford Services**

**Medical Transportation**
Do you need transportation to medical appointments? Do you find taxis too expensive and public transportation too difficult? We offer reasonably priced transportation to medical appointments for seniors living in our catchment area. Call 613-230-5730

**Community Support Services**
Do you need help with housecleaning, yard work, odd jobs or minor repairs? Community Support Services can provide screened workers at reasonable rates for our members who live in our geographical catchment area. For isolated seniors we provide a Telephone Assurance Program, Friendly Visiting and the Luncheon Club Programming. Call 613-230-5730

**Day Away Program**
Day Away programming on site has been discontinued due to the pandemic. Our staff and volunteers continue to provide support through telephone and virtual programming as well as delivering personalized activity kits. We will continue to support our clients and their caregivers.

**Footcare Service Referral**
At this time we are unable to provide foot-care in-house.
Agnes Ling our regular foot-car nurse is currently making house calls.
Call us at 613-230-5730 and we’ll connect you.

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**Your Abbotsford Members Council**
The Abbotsford Council is a group of members who advise on programs and policies that affect Abbotsford members. Your current Council Members have agreed to stay in their roles while the doors are shut. Please keep in mind the role of the Council and the need to nominate a new slate of members for Executive roles in 2021.

Thank you Members Council for supporting the membership in these difficult times.

Thank you for renewing your membership…2021 here we come!

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- Abbotsford is closed to the public and our Glebe Centre long term care workers are currently using the Abbotsford parking lot.
- Reminder that parking at Abbotsford is only valid when you are in the building for programming.
- Due to Covid-19 we are not open to the public and our parking lot is not available.
- When we open again you can come in with your 2021 membership to receive a parking pass for 2021

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